



# COUNTY OF SAN DIEGO NEWS RELEASE

FOR IMMEDIATE RELEASE

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## **VOLUNTEER PATROLS NEEDED TO SUPPORT COUNTY TRAILS** ***Unique Opportunity to Enjoy Nature, Exercise, and Give Back to the Community***

San Diego County residents can enjoy the outdoors while also giving back to the community.

The County of San Diego Department of Parks and Recreation is seeking additional volunteers adept at hiking, bicycling or horse back riding to assist with patrolling their more than 300 miles of trails throughout the County. County parks with trails that are seeking new volunteer applicants include Sweetwater in Bonita, Sycamore Canyon/Goodan Ranch in Poway, Volcan Mountain in Julian, and Mt. Gower in Ramona. All of these parks have hiking trails, and many are multi-use, where a volunteer may ride their bike or horse while providing volunteer patrol service.

County Park and Recreation patrol volunteers commit to one year of service, eight hours per month. Other patrol volunteer responsibilities include ensuring the safety of the many trail users, responding to emergencies, and educating visitors about park programs and park rules. Volunteer patrols also participate in trail workdays that involve trail clean-ups, maintenance and rehabilitation.

Training is provided for all patrol volunteers.

For additional information, or for an application call 858-694-3042 or visit [www.sdparks.org](http://www.sdparks.org).

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